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PLS • NEWSLETTER

Volume **IV**

Issue **VII**

April 1995

Advancing the Role of Technology at PLS

by Lynn Dykstra and Terri McDonald

Technology is a term which can be defined as a science, a method or process, and/or a system for provision. Technology equipment, software and programs are emerging and impacting our schools, communities and homes, providing an awareness that virtually anything can become reality with technology.

Price Lab School (PLS) is addressing technology and its "virtual reality" for PLS students. With CedarNet (an electronic network for Cedar Valley) in place and Price Lab School's recent connection to the Internet, additional time is being devoted to teaching ethical use of information technology.

From the onset of desktop publishing in the 1980's, fiber optic technology in the late '80's, and telecommunications, multimedia, and presentation technologies in the '90's, PLS has made diligent strides to stay abreast of technology changes and assist with program and curriculum implementation at the School.

COMMUNICATION CENTER

Providing a comprehensive technology program supplemented with production capabilities is an advantage offered in PLS technology facilities and staffing. A prime example is the Communication Center (formerly known as the Audio Visual Center), an in-house publication center operated under the direction of Lynn Dykstra for the past eleven years. It is staffed by Sharlene Morgan (layout/production), Bev Schomaker (electronic design), and Sue Smith (offset operation). The Center serves the PLS instructional and professional development program, and UNI's teacher education program.

As PLS is constantly in the public eye throughout the state and nation, an awareness prevails on the importance of good public relations. The public's perception will be created as a result of the communication PLS provides. As a result, PLS communication capabilities have advanced from cut and paste technology of the early '80's to computer software technology of the '90's. This, coupled with scanning and laser and offset technology, has created publications with increased speed, quality and cost savings. High-quality color laser printing will also soon be added.

On a yearly basis, the PLS Communication Center works with faculty and students in the development of over 200 graphic jobs and several thousand printing jobs. Classroom presentations on electronic design and offset printing technology, and publication and video work experience opportunities are provided for secondary students in grades ten through twelve.

During the past several years, the Communication Center has received over twenty awards for publications including the PLS Newsletter, NU Commencement Programs and many other internal and external public relations materials

TELECOMMUNICATIONS

In September, 1994 a new position was created to expand the use of technology in the Laboratory School and serve the teacher education program at UNI. Terri McDonald is now the Telecommunications Coordinator for PLS. The Audio Visual Specialist position, which McDonald held for four and one-half years, was filled by Ted Gaunt this fall, a recent UNI graduate with a degree in Communication Broadcasting and Production.

Since 1990, PLS has served the UNI teacher education program by providing observation opportunities via a fiber optic link connected to the Schindler Education Center. A mobile production unit can be moved to 48 different locations in PLS to originate live broadcasts which can be sent to several locations on campus.

These broadcasts have received local and national recognition for advantages they offer teacher education programs and the Iowa Communication Network (ICN). Response received from UNI students who observed transmissions, and from faculty who presented on the system has been very positive. The additional position allows PLS to increase the number of broadcasts from 30 to about 50 per semester.

McDonald, a doctoral student at UNI, is conducting research that will describe the effects of television-mediated observation as compared to direct observation on preservice teachers' abilities to recognize and report effective teaching behaviors.

Other plans for telecommunications include: 1) the design of an ICN room at PLS, 2) development of a distance education program, 3) increasing opportunities for satellite uplinking with UNI's new uplink truck, 4) providing consultations to other school districts, and 5) providing outreach activities through presentations at state, national and international conferences.

We welcome parent involvement and encourage you to call us with questions and comments at 273-2575 or 273-3076, or stop by our office in room 143.

Design and Publication
by
PLS COMMUNICATION CENTER



101 Ways Parents Can Help Students Achieve

Included in each issue of the PLS Newsletter this year will be ideas which parents can use to help their students achieve in school. These have been taken from a booklet entitled 101 Ways Parents Can Help Students Achieve, published by the American Association of School Administrators. This issue includes numbers 77-91.

Preparing for the World of Work

All parents want their kids to find work that will give them a satisfying and secure life. There are some important things parents can do during the school-age years that can lead to a brighter future.

77. Ask your child to describe her life as an adult. Then have her research what she needs to do now to prepare for that career. A student who wants to become a doctor, for example, needs to take challenging science courses in high school.
78. Help your teenager understand that even if he doesn't have a specific career goal, the decisions he makes now can affect his future. Insist that your child take challenging courses, including the higher-level math courses that can make the difference in whether or not your child will be able to attend college.
79. After-school jobs can teach a teenager responsibility. In some families, these jobs are a necessary part of the family security. But make sure your child isn't placing too much emphasis on work and not enough on school. Most experts feel that teenagers should work no more than 15 or 20 hours a week, and never after 10 p.m. on a school night.
80. If your child has a job, suggest that some of the money he earns be saved for college or other training, a large purchase such as a car, or a trip to see a friend. Teach him how to balance a

checking or savings account.

81. Not every young person needs to go to college. But to be successful, every American worker needs some advanced training. If your child is not interested in attending college, find out about vocational schools or other training courses that offer preparation for a rewarding career.

Good Health = Good Learning

The Greeks knew the importance of a sound mind and a sound body. Today, teachers know that poor health or nutrition can cause poor performance in school

82. Exercise together. Studies show that American kids are more overweight than any earlier generation. In fact, doctors are now seeing children with adult health problems, like high cholesterol. One of the main reasons children are so overweight, doctors say, is because they don't get enough exercise. Set aside a regular time for your family to enjoy some outdoor activity together. A brisk walk will improve your fitness--and give you time to talk with your kids.
83. Teach your children to prepare healthy snacks. Even young children can learn to prepare a peanut butter sandwich. Older kids can pop some popcorn. Fruit can satisfy a sweet tooth. If you avoid buying snacks that are full of sugar and fat, your children will soon learn to prefer more nutritious choices.
84. Encourage your child to take part in an after-school sport. Not only will your child get more exercise, but sports also teach team playing and encourage friendships. Kids often translate success on the playing field into success in school. Encourage your child to choose a sport (instead of you choosing one).
85. Learn some of the warning signs that your son or daughter may be involved with drugs:

- *Declining school attendance or performance.
- *Worsened relationships with family and friends.
- *Ignoring curfews.

- *Increased borrowing money from family or friends.
- *Possessing alcohol or drug paraphernalia.
- *Stealing.
- *Associating with a new group of friends, especially those who you suspect use drugs.
- *Skipping school more often for reported sickness or other reasons.

86. Help your school develop policies about alcohol and other drug use or abuse.

Sources of Help

87. Talk with your school counselor. He or she can often provide important insight into how well your child is doing in school. A counselor can also help you work with teachers to address school problems.
88. Turn to your minister, rabbi, or other religious adviser as a source of support and help. Many religious organizations sponsor free or low-cost counseling. In some communities, church-sponsored athletic leagues provide wholesome afterschool entertainment for children.
89. Visit your school or public libraries for books on parenting. If you need more information on how to deal with a particular age, or on solving a particular problem, you may find the information you need in a book.
90. Consider joining a parent group. Many community mental health agencies sponsor groups where parents meet to share their concerns and support each other. These groups can be a valuable way of learning new strategies for dealing with your son or daughter. Seek family counseling when problems seem severe. Be open to suggestions about yourself. All problems are not your child's fault.
91. Check to see which agencies in your community sponsor programs for children and teenagers. They may be aware of resources in the community to help families, as well.

Field House Update



Despite changes in delivery dates and unpredictable weather, we are still planning an October 15 date for completion of the field house. The block is being put in place in preparation for the steel beams that will be delivered later in March. Then it will begin to look more like a real building. In the meantime, Paul Waack and Bob Lee have worked with the physical education/wellness faculty and coaches in the process of purchasing equipment needed to re-fit those programs. Mr. Waack also worked with Coca-Cola to provide score boards at no cost for the new facility.

Our physical education/wellness faculty and coaches continue to create quality activities in spite of being facility-less. With spring coming and the shift to outdoor activities, their task will become somewhat easier, but they are planning for a few months of fall before the new facility is open. Details for the fall dedication event will be delayed until we are certain of a completion date. Our intentions are to make the dedication a full-fledged community event honoring the community and individuals who worked with us to make the new field house a reality and who pulled together with patience and fortitude during our long wait for our new facility.

Price Lab Sixth Graders and Public Policy

Seventeen sixth grade students from Malcolm Price Laboratory School joined about 150 middle school students from across Iowa to compete in the American Youth Citizenship Competition. The competition was held Friday, March 3rd at Drake University in Des Moines.

The contest required students to identify a public problem, research it, determine a workable solution and develop a display and portfolio with their findings. The group was guided by Mary Beth Kueny, the sixth grade Social Studies teacher at the Lab School.

They presented state legislators with solutions to community problems that the students had devised. The problem the Price Lab sixth graders focused on was crime and violence in schools.

The participants in the activity met

with various Representatives and Senators from across Iowa. Senator Don Redfern was unable to attend, so a special presentation for him and other interested persons was held Friday, March 10 at the Lab School.

The competition was sponsored by Drake's Center for Law and Civic Education and the Walt Disney Corporation.

This group of sixth graders worked very hard and represented Malcolm Price Laboratory School wonderfully. The students involved were....Amanda Brasch, Travis Cooke, Julia Cufr, Alex Dow, Alan Johnson, Hannah Kollasch, Josh McCabe, Erin McElligatt, Amanda Miller, Bethany Richter, Kelsey Schmidt, Emily Smiley, Erik Smiley, Anne Schwieger, Chad Timmins, Neils Thulstrup, and Matthew Warren.

1995-96 Enrollment

We are projecting our enrollment figures for 1995-96 and need to know if all current families intend to remain with us. If, for some reason, you know that you definitely will not be returning in the fall, please notify Judy in the Director's Office, 273-6136, so that she can update records.

Information Highway Coming To PLS

The information highway, Internet, is an international network of computer networks. Through this network account holders have access to hundreds of databases, libraries and computer services from all over the world. The Internet consists of over 10,000 computer networks in over 50 countries.

Internet will soon be available to students at P.L.S. for instructional purposes. The PLS Technology Committee is in the process of developing an Internet Acceptable Use Policy (AUP) to inform parents and guide our students' use. PLS students in classes needing access will apply for accounts for a semester at a time. Parents will be sent an information sheet and parental permission slip. Parent information meetings will be scheduled as well.

The Technology Committee is looking for several parent volunteers to work with the committee as it develops a vision for integrating technology into the curriculum at PLS. Meetings are 3:30 - 4:30 p.m. on the third Tuesday of the month. If you are interested, please contact Leigh Zeitz (Zeitz@uni.edu) 273-5890; Lynn Dykstra (Dykstra@uni.edu) 273-2575; or Gail Froyen (FroyenG@uni.edu) 273-2638.

Lost!!

If you own a dark purple, Forecaster of Boston, long coat, please check to be sure it is yours. Accidental exchange of identical coats took place at the NUH play "Midsummer Night's Dream". Important keys are in pockets of coat. Please call 273-2138 if you have information.

Announcing Malcolm Price Laboratory School Aquatic School - Spring Session

Ben Myers, Swim Coach at NUHS and a swim instructor of some 35 years, will conduct his MPLS Aquatic School during April and May. Classes for all ages and ability levels will be offered on Saturday mornings. The 1/2 hour classes are \$25.00 for 8 sessions. Enrollment is limited to 6 students per class for individual attention purposes. For application or information contact Coach Myers at 273-2486.

- WHAT:** An 8 week series of swim instruction personally taught by Ben Myers, Swim Coach at Northern University High School, who has over 35 years experience in teaching all types of aquatics to all ages and ability levels.
- HOW:** Small class format. Six students per class allows for individual attention but still provides a group setting.
- WHEN:** Classes are conducted on Saturday mornings starting on April 1st through May 20, eight 1/2 hour sessions.
- COST:** \$25.00 per student. Students are accepted on a "first come, first served" basis.

- SCHEDULE:** 10:00 - 10:30 Beginner I 4-6 years old
10:30 - 11:00 Beginner II
11:00 - 11:30 Intermediate - Any age, ability to swim in deep water across pool (30 feet)
11:30 - 12:00 Advanced - Should be able to swim 20 yds. on front and 20 yds. on back.

WHY NOT LEARN FROM AN EXPERT!!

Registration

Name _____ Age _____

Address _____ Phone _____

Class _____ Time _____

Make checks payable and send to: Ben Myers, Price Laboratory School, 19th & Campus, Cedar Falls, IA 50613

Parent Teacher Conferences

Parent Teacher Conferences will be held on Thursday, April 6 from Noon to 8:00 p.m. and on Friday, April 7, 1995, from 8:00 a.m. to 5:00 p.m. Elementary students will not attend school on either day. Secondary students will not attend school on Friday, April 7. If you are unsure of the time of your conference, please contact your child's teacher or advisor.

Traffic Reminder

Traffic congestion continues to be a problem for brief periods of time before and after school. When dropping students off and picking them up, please exercise caution. For your child's safety, pull up to the curb adjacent to the school grounds before letting students out or picking them up. It is never advisable to drop students off in the middle of the street where they must cross lines of traffic or move between parked cars in order to reach the school grounds.

Congratulations to Diane McCarty

Diane McCarty was recently named First Runner Up for the Iowa Teacher of the Year program. Sponsored by the Council of Chief State School Officers, Scholastic Inc. and the Iowa Department of Education, this program recognizes the aspects of their educational work. Diane is most deserving of this recognition. Congratulations, Diane!!

Nursery/ Kindergarten Round-Up

The Nursery/Kindergarten Round-up will be held at 1:00 p.m. in the Price Laboratory School cafeteria on Friday, April 28, 1995. To be eligible to enroll, nursery students should be four years old by September 15, 1995. Please contact Jana Hunter at 273-2138 if you plan to enroll a student in the program.

PTP Spring Meeting

In response to parent requests for occasional opportunities to talk with administrators, PTP has arranged an Open Forum for parents and administrators at 6:30 p.m. on Thursday, April 20 in the Auditorium. The Open Forum will be followed by the spring PTP meeting at 7:00 p.m. and the band concert at 7:30 p.m.

The primary purpose of the PTP meeting is to elect PTP officers and PAC members. All parents and teachers who paid the \$7 family membership for 1994-95 are eligible to vote. If you want to make nominations for these positions, please give the names to Claire Smith (266-8552), Mercedes Hayes (268-1353), Sue Will (266-7652), Renell Richter (277-4685), Deb Leymaster (266-5538), or Deb Schmidt (277-4497). Be sure to mark your calendar for: Thursday, April 20; 6:30 p.m. - Open Forum with Administrators; 7:00 p.m. - PTP Meeting; 7:30 p.m. - Band Concert.

March 14, 1995

GIRLS TRACK-VARSITY

MAR 16 WARTBURG WAV 4:30
30 DICKINSON REL DOME 4:00
APR 4 JESUP INV THERE 5:00
7 N TAMA INV THERE 5:00
12 DIKE/NH INV DIKE 5:00
17 A/P INV P-BURG 5:00
21 GC INV THERE 5:00
24 ACK/GEN INV THERE 5:00
26 ENP/NU/DEN HERE 5:00
28 NU INV HERE 5:00
MAY 1 NICL HERE 4:00
3 BCL-UW INV THERE 5:00
9 DISTRICTS
19/20 STATE

BOYS TRACK - VARSITY

MAR 17 WARTBURG WAV 4:30
APR 1 DICKINSON REL DOME 11:00
4 NU/NT/UNION LPC 4:30
7 CLARION REL THERE 5:00
10 JESUP INV THERE 5:00
18 WAHAWK INV CENT. 5:00
19 A/G INV. THERE 5:00
21 COLE COLLINGE C.F. 5:00
27 VINTON INV VAN H. 5:00
28/29 DRAKE REL
MAY 1 NICL HERE 4:00
3 G.C. RELAYS THERE 5:00
5 ALDRICH REL HERE 5:00
9 DUBUQUE REL THERE 5:00
13 DISTRICTS DIKE 10:00AM
26/27 STATE

GIRLS TENNIS

APR 10 G.C. HERE 4:00
13 WSR THERE 4:00
18 UNION HERE 4:00
24 HUDSON HERE 4:00
27 UNION THERE 4:00
28 W. WAT (JV) THERE 4:00
MAY 2 ENP HERE 4:00
4 W. WAT (V) THERE 4:00
5 DIKE/N. HART DIKE 4:00
8 APL/P-BURG HERE 4:15
9 ACK/GEN HERE 4:00
16 NICL HERE 1:00
18 SECTIONALS
20 DISTRICTS
22 REGIONALS
MAY 31/1 STATE

BOYS TENNIS

APR 10 G.C. THERE 4:00
11 APL/P-BURG THERE 4:00
13 WSR HERE 4:00
18 UNION LPC 4:00
25 HUDSON HERE 4:00
27 UNION HERE 4:00
29 MASON CITY THERE 9:00AM
MAY 2 ENP THERE 4:00
4 WSR THERE 4:00
5 DIKE/N. HART HERE 4:00
12 DISTRICTS DECORAH
16 NICL HERE 1:00
20 SUBSTATE
26/27 STATE

GOLF

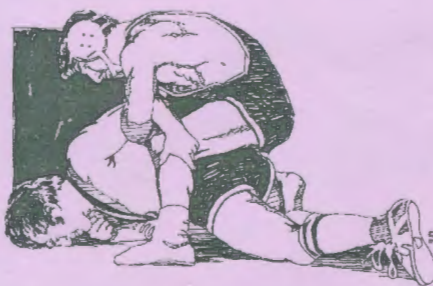
APR 5 UNION HERE 4:00
10 DENVER THERE 4:00
12 NU/WELLS/A-P WELLS 4:00
17 NU/GC/HUD P. RIDGE 4:00
19 OELWEIN THERE 4:00
21 ENP THERE 4:15
22 G.C. INV THERE 8:00AM
24 NORTH TAMA HERE 4:00
26 APL INV APL 4:30
MAY 1 BCLUW TOUR CONRAD 4:30
5 ENP/WELLS/NU WELLS 4:00
8 NICL APL 1:30
12 SECTIONALS CONRAD 1:00
19 DISTRICTS HERE
26/27 STATE

TRACK - JR. HIGH (B&G)

APR 19 DEN/GC/NU B-DEN 4:15
G-GC 4:15
21 UNION B-HERE 4:15
G-HERE 4:15
MAY 1 NT INV
MAY 3 PBURG/APL B-PBURG 4:15
5 G.C. THERE 4:30
10 NICL B-H, G-H 4:15

Parent Advisory Council Minutes

The PAC met on March 13, 1995. In attendance were PAC members Cheryl Galehouse, Diane Hinke, Alan Jessen, and Val Turner, Claire Smith representing PTP, and administrators, Victoria Robinson, Lynn Nielsen, Paul Waack, and Linda Fernandez. The fieldhouse is on schedule and a new contract with Coca-Cola will result in a cost-free scoreboard. The new bus will be delivered before the end of March. The Strategic Planning process has not progressed as smoothly as in previous years. Administration plans for a "regrouping" and "rethinking" effort before proceeding. Paul Waack announced a new sharing program with Aplington-Parkersburg to make wrestling available for NU stu-



dents. The 1995-1996 calendar was distributed and discussed in terms of comparability with public school calendars. The next meeting of the PAC will be held on April 17 at 7:00 p.m.

Campbell's Labels Update

We saved enough labels this year to get some materials for the Library. Keep saving the labels even during the summer. Then we might have enough labels to be eligible for bonus points in the fall. We need the front label panel or UPC symbol for most products, so please try to keep these intact when you remove the label. Products include Betis, Campbell's, Franco-American, LeMenu, Marie's, Mrs. Paul's, Open Pit, Pepperidge Farm, Prego, Sanwa, Spaghettios, Swanson, V8, and Vlasic.

Thank You, Troop 209

PTP would like to thank Girl Scout Troop 209 for its service to the school through cutting and counting the labels for the Campbell's Labels in Education program this year. Girls who participated in this service project were Amelia Bales, Christina Bremner, Kate Brumm, Ashley Davidson, Hayley Hohn, Emily Hanson, Katie Judas, Bailey Leymaster, Katy Lyman, Jenny Schatzberg, Lindsay Smith, Kristin Spain, and Jeanne Stambaugh.

National Honor Society Awards

Congratulations are in order for the 1994 and 1995 National Honor Society Members: Eric Cook-Wiens, Janene Doddema, Jennifer Frost, Tiffani Grimes, Alisson Hoy, Natalie Kettner, Rebecca Moon, Regan Penaluna, Nell Sawyer, Angela Schlichtmann, Justin Staker, Michael Steffen, Maggie Struck, Sol Wikert and Rachel Wilson. A formal induction ceremony followed by a tea, was held at 7:30 p.m., Tuesday, March 14, in the Butzier Auditorium. Teachers, relatives and friends of the honored students were invited to attend the ceremony. High praise must go to these dedicated students, as well as to their parents, teachers, and all the caring individuals involved in their difficult climb to academic and personal success.

Annual Dessert Concert

Sunday, April 2, 1995

The high school music program will present its annual Dessert Concert on Sunday, April 2, beginning at 2 P.M. at the Laboratory School. The concert features soloists and small ensembles, some of whom will have participated in the Iowa High School Music Association State Solo/Ensemble Festival April 1 in Denver, IA. Delicious desserts are available throughout the afternoon also. This event is a fundraiser for the music department sponsored by the NU Booster Club. Be sure to attend.

All-School Band Festival

Thursday, April 20, 1995

The annual all-school band festival will be held on Thursday, April 20, beginning at 7:30 P.M. in Butzier Auditorium at the Lab School. All the groups in the band program will perform. Included are the 5th Grade Elementary Band, the 6th Grade Middle School Band, the 7th/8th Grade Middle School Concert Band, the High School Concert Band, and the High School Jazz Band. The concert will close with a selection performed by all the students, grades 5 through 12, in the band program. There is no admission charge. Plan now to attend.

Gail Gibbons

**Author and Illustrator of
over 70 quality books!**

Gail Gibbons will spend the day with Price Lab School students on Thursday, April 20, 1995. She will spend time with N/K and Unit II classes. All students will have the opportunity to purchase Gail's books for her to autograph that day. More information about books that will be available for purchase will be sent home in the Friday packets on April 14th.



April 1995

Malcolm Price Laboratory School Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Solo/Small Ensemble Music - TBA 11:00am BTR Dickinson @ Dome
2 DAYLIGHT SAVINGS TIME BEGINS 2:00pm Dessert Concert	3	4 4:30pm BTR @ LPC 5:00pm GTR @ Jesup	5 4:00pm GF vs Union 4:00pm TN vs Eldora G-T, B-H	6 Ele Par/Teach Con (No elementary classes) 6:00pm Ch Choir Practice 7:00pm Jazz Band Practice 8:00pm Ch Orch Practice	7 Parent-Teacher Conf NK-12 (No classes) 5:00pm BTR @ Clarion 5:00pm GTR NT Inv @ Traer	8
9	10 All-State Speech 4:00pm TN vs GC G-H, B- T 4:00pm GF @ Denver 5:00pm BTR @ Jesup	11 3:30pm -4:30 Teacher Ed Convocation (Old Aud) 4:15pm BTN @ Aplington 6:00pm Ch Choir Practice 7:00pm Jazz Band Practice 8:00pm Ch Orch Practice	12 GF NU/Wells/A\P @Wellsburg 5:00pm GTR @ Dike	13 Model UN 4:00pm TN vs Wav/SR G- T, B-H	14 Model UN	15 Model UN
16	17 4:00pm GF @ Pheasant Ridge	18 4:00pm TN vs Union G-H, B-T 5:00pm BTR @ Central (West Wahawk Inv) 6:00pm Ch Choir Practice 7:00pm Jazz Band Practice 8:00pm Ch Orch Practice	19 4:00pm GF @ Oelwein 4:30pm MSTR Den/GC/ NU G-GC, B-Denver 5:00pm BTR @ Ackley	20 7:30pm All School Band Festival	21 Beginning Read Conf (No elementary classes) 4:15pm GF @ Eldora 4:15pm MSTR B&G vs Union 5:00pm BTR @ CF 5:00pm GTR @ GC	22 French IV to Canada 8:00am GF @ GC 1:00pm Ch Choir Practice
23 French IV to Canada	24 French IV to Canada 4:00pm GF vs N. Tama 4:00pm GTN vs Hudson 5:00pm GTR @ Ackley 7:30pm -9:30 Student Variety Show Rehearsal	25 French IV to Canada 4:00pm BTN vs Hudson 6:00pm Ch Choir Practice 7:00pm Jazz Band Practice 7:30pm -9:30 Student Variety Show 8:00pm Ch Orch Practice	26 4:30pm GF @ Aplington 5:00pm GTR ENP/NU/Den @NU	27 4:00pm TN vs Union G-T, B-H 5:00pm BTR @ Van Horne	28 DRAKE RELAY 4:00pm GTN @ W.Wat. (IV) 5:00pm GTR NU Inv	29 DRAKE RELAY 9:00am BTN @ Mason City 1:00pm -4:00 Elementary Orch Rehearsal
30						